

PEACH



PEACHES belong to the rose family and are the third most popular fruit grown in the United States. Peaches generally fall into one of two classifications: freestone or clingstone. A “freestone” refers to a peach where the stone or pit falls easily away from the flesh. A “clingstone” means that the flesh adheres stubbornly to the pit. Freestones, because they are easier to eat, are the peaches that are most commonly sold in markets. In the Northeast, peaches are available in the summer. Although great in many recipes, peaches might be most delicious just the way they are!



SELECTION

- ◆ Choose **bright, fresh-looking** peaches. The skin color should be creamy or yellow with varying degrees of red blush.
- ◆ Ripe peaches should **yield to gentle palm pressure**.
- ◆ Avoid peaches that are bruised or discolored; shriveling at the stem or excessive softening indicates an overripe peach.

STORAGE

- ◆ To **speed up the ripening** process, place peaches in a **paper bag at room temperature**, out of direct sunlight.
- ◆ A ripe peach can be **put in the refrigerator** and keep for up to **one week**.

Nutritional Information

A medium peach contains 10% of the vitamin C and 8% of the potassium that is recommended daily. Vitamin C is important in immune response, wound healing, and allergic reactions. Vitamin C also helps with iron absorption. Diets containing foods that are a good source of potassium and that are low in sodium may reduce the risk of high blood pressure and stroke. The phytochemicals found in peaches are beta-carotene, lutein, and zeaxanthin. They may help prevent some types of cancer and heart disease as well as help maintain healthy vision.

Peach Recipes

Lemon and Peach Tofu Dessert (Serves 4)

- 1 package Lemon-flavored gelatin
- 2 Tablespoon sugar
- 1 cup boiling water
- 2 cups peaches, peeled, seeded, and diced
- 8 ounces soft tofu, drained and cut into cubes
- 1 egg
- Grated peel and juice of 1 lemon

Dissolve gelatin and sugar in boiling water. Cool slightly and pour into blender. Add peaches, tofu, egg, lemon peel, and juice; blend until smooth. Pour into 4 dessert dishes; chill until set.

Recipe adapted from www.aboutproduce.com



Peach Cubes

- 4 fresh peaches, pitted and sliced
- 1 Tablespoon lemon juice

Combine peaches and lemon juice in blender; puree. Pour into ice cube trays; freeze. Use in smoothies or cold drinks. Be creative.

Recipe adapted from www.aboutproduce.com



Peaches in a Pita (Serves 2)

- 2 fresh peaches, thinly sliced
- 2 pita bread pieces, uncut
- 1 cup cottage cheese
- 1/4 cup fresh chopped mint leaves
- 1/2 cucumber, sliced thin

Warm pita bread and cut them in half. Fill each with cottage cheese, mint, peaches, and cucumber slices.

Recipe contributed by Lori Wyble, Just Food intern, 2003

